



## Food Waste Reduction Tips: **When You Shop**

- Choose a small shopping basket or cart. It is human nature to fill a big cart if we have one in front of us!
- Buy from bulk bins or the salad bar if you need just a small amount of an ingredient.
- Think twice about 2-for-\$1-type offers. Note: many stores offer the sale price even if you buy less than the stated quantity

*For more savvy shopping tips, visit:*

[SaveTheFood.com/tips/shopping-guidelines](https://www.savethefood.com/tips/shopping-guidelines)



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